

# METABOLIC STRETCHING

## EXERCISE DEFINITION GUIDE



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# METABOLIC STRETCHING

## EXERCISE DEFINITION GUIDE

**By Brian Klepacki, MS, CSCS, FMS2**

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# BEGINNER'S



## EXERCISE DESCRIPTIONS

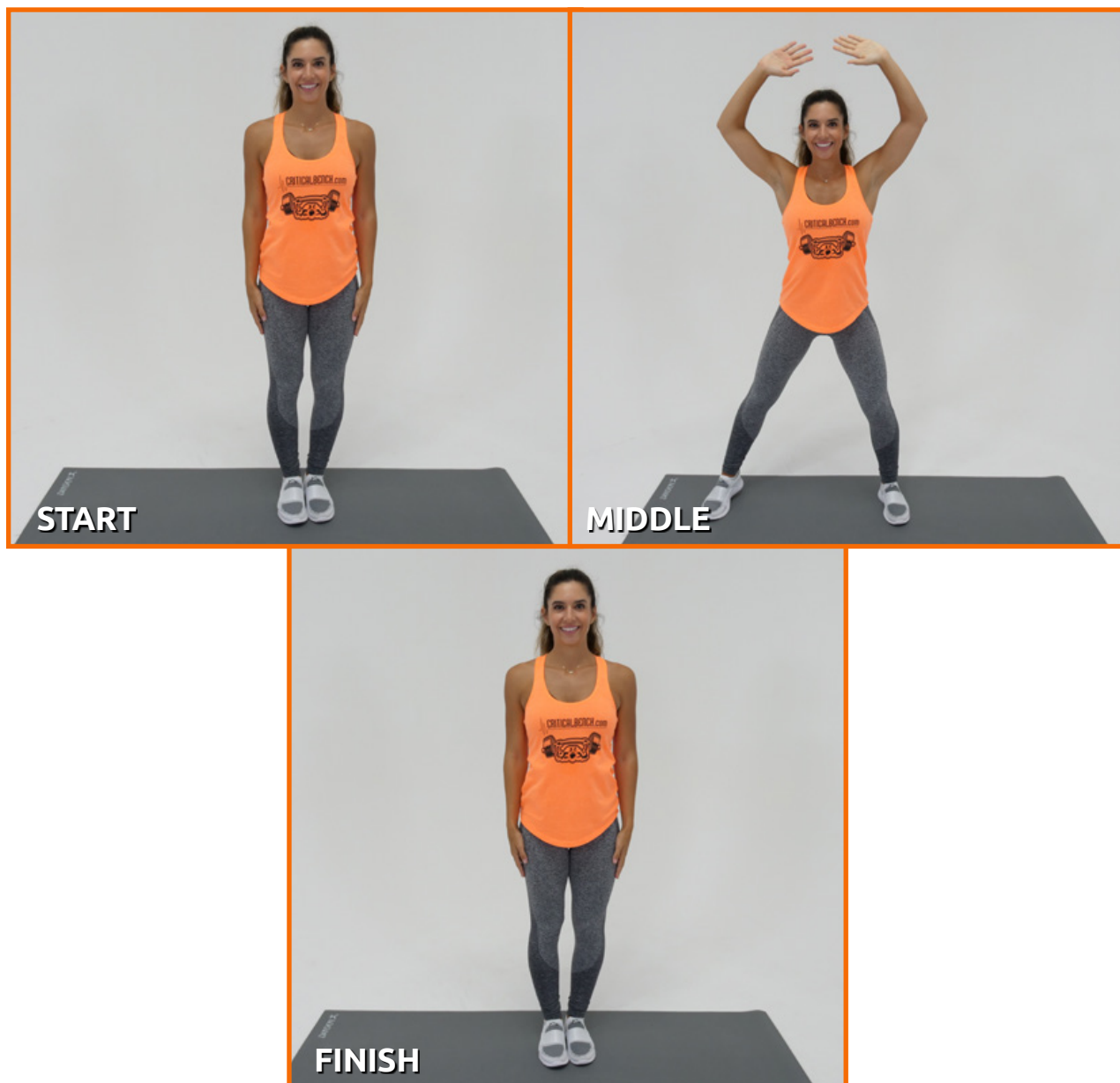
# 1. CLEANSING BREATHS



From a standing position, inhale deeply into your belly, through the nose (if you can't, use your mouth), bringing the air deeply into the lower lobes of your lungs. As you do this your abdomen will rise. On your exhale through the mouth, your abdomen will sink back into your spine. Be aware of your ribs. Experience your rib cage expanding and contracting with each deep breath. Inhale slowly, and then hold for a moment and then exhale slowly.

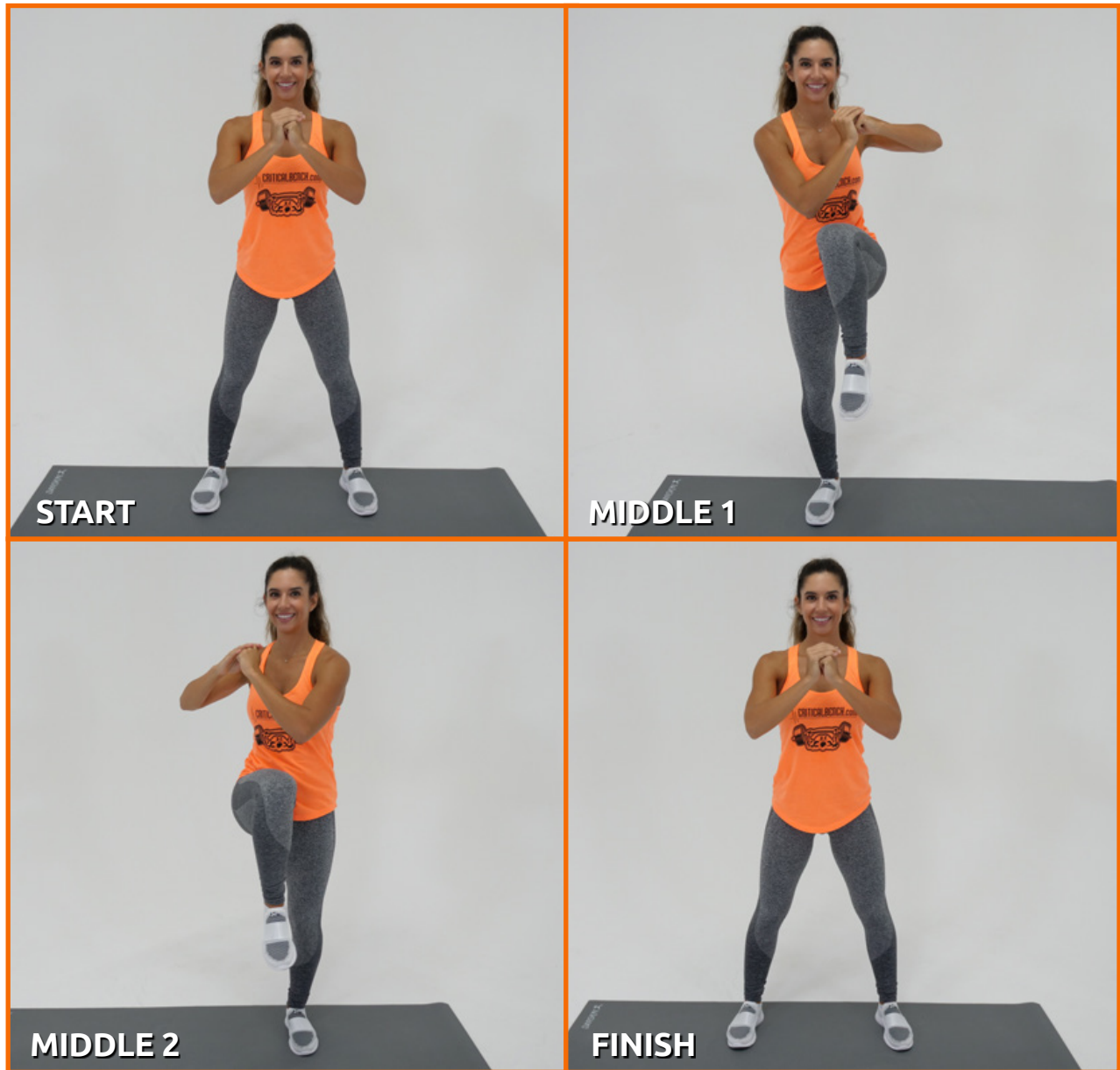


## 2. STEP JACKS



Stand tall with your back straight, abs engaged, shoulders relaxed, arms at your sides, and feet together. Breathe deeply, bending your left knee slightly while extending your arms overhead and stepping your right leg out to the side. Return to the start position, standing tall. Switch sides by bending your right knee slightly, extending your arms overhead and stepping your left leg out to the side; return to the start position and repeat side to side. Envision yourself making one-half of a Jumping Jack to perform this movement.

### 3. STANDING BICYCLE



Stand tall with your feet shoulder-width and your toes pointing forward. Keep your hands by your face and your elbows flared out. Raise your right knee up across the body as high as you can to your chest. Simultaneously twist your torso to the right and draw your left elbow towards the lifted knee. Exhale during the movement. Then return in a starting position and repeat the same movement on the other side. Keep alternating sides until you reach a desired number of repetitions or time limit.

## 4. WINDMILL



Straddle stance with arms sideward, palms facing down. Bend the hips and knees while rotating to the left. Reach down and touch the outside of the left foot with the right hand and look toward the rear. The left arm is pulled rearward to maintain a straight line with the right arm. Then return in a starting position and repeat the same movement on the other side. Keep alternating sides until you reach a desired number of repetitions or time limit.

## 5. DEEP SQUAT PRY



In a standing position with a shoulder width stance, keep your hands at chest level. Squat down by breaking at the hips and knees simultaneously. Sit as deep as comfortably possible. Rock from side to side while flexing the ankles and pushing the knees out with the elbows to open up the hips. Repeat for the desired number of repetitions or time.

**\*\*Regression:** Position yourself behind a chair and hold on with both hands. In a standing position with a shoulder width stance. Squat down by breaking at the hips and knees simultaneously. Sit as deep as comfortably possible. Rock from side to side while flexing the ankles and pushing the knees out to open up the hips. Repeat for the desired number of repetitions or time.

## 6. FIGHTER'S SPRAWL



Start in a high plank position, jump both feet forward landing the feet as close to the hands as possible. Quickly step back one leg at a time until you are back in the starting position. Repeat for the desired number of repetitions or time.

**\*\*Regression:** Start with your hands on the seat of a study chair. Jump both feet forward landing the feet as close to the chair as possible. Quickly step back one leg at a time until you are back in the starting position. Repeat for the desired number of repetitions or time.



## 7. COBRA INTO CHILD'S POSE



Start on the floor on your belly with your hands next to your shoulders. Begin transitioning into the Cobra by lifting your head and chest and pressing your hips to the floor. Arms should be fully extended with hands flat to the floor and chest tall. Rock back bringing your butt to your heels. Drop your head and chest towards the floor, extending both arms out flat to the floor with palms facing down.

Reverse this movement back into Cobra position to begin the next repetition. Repeat for the desired number of repetitions or time.

## 8. MODIFIED WORLD'S GREATEST FAT BURNING STRETCH



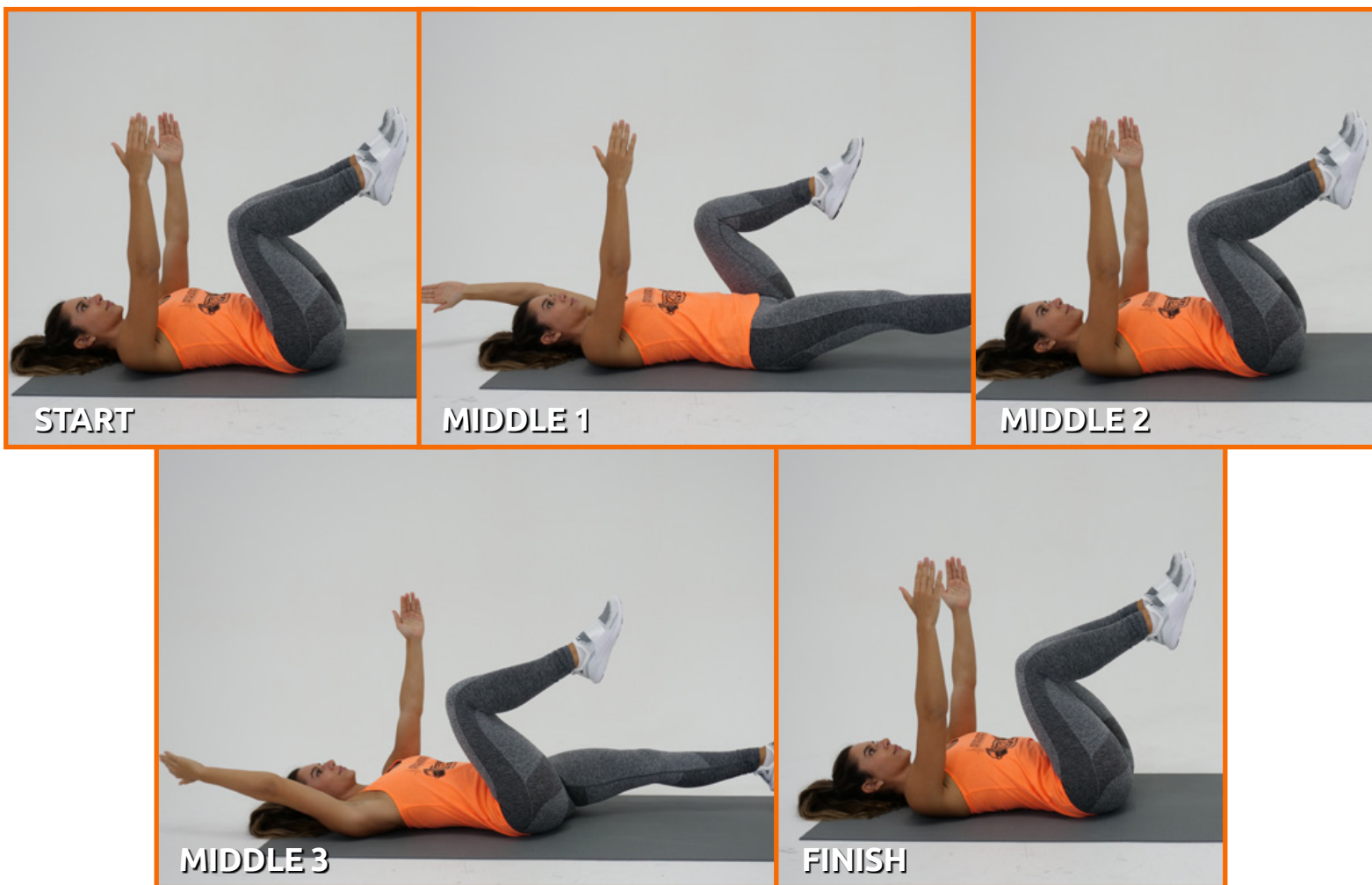
Start in a high plank (push-up) position. Step forward with your right leg, placing the foot on the outside of the right hand. Square your hips so you feel a stretch on both sides, and try to keep your back as flat as possible. Take your right hand and reach up towards the ceiling twisting your upper body. Reach up as high as possible before returning the hand back down to the floor. Once both hands are on the floor, step the right leg back into starting position and repeat on the left side. Repeat for the desired number of repetitions or time.

## 8. MODIFIED WORLD'S GREATEST FAT BURNING STRETCH/REGRESSION



**\*\*Regression:** Start in a high plank (push-up) position. Step forward with your right leg, placing the foot on the outside of the right hand and place the right knee down on the floor. Square your hips so you feel a stretch on both sides, and try to keep your back as flat as possible. Take your right hand and reach up towards the ceiling twisting your upper body. Reach up as high as possible before returning the hand back down to the floor. Once both hands are on the floor, step the right leg back into starting position and repeat on the left side. Repeat for the desired number of repetitions or time.

## 9. DEAD BUG



Lie face-up with your arms extended toward the ceiling, directly over your shoulders, and knees bent 90 degrees over hips, calves parallel to floor. Keeping your shoulders down and feet flexed, engage your core and extend your right arm and left leg away from you. Lower your heel to the floor and return to center. Immediately repeat on the opposite side. Continue alternating sides for the desired number of repetitions or time.

# 10. GLUTE BRIDGE MARCH WITH KNEE PULL

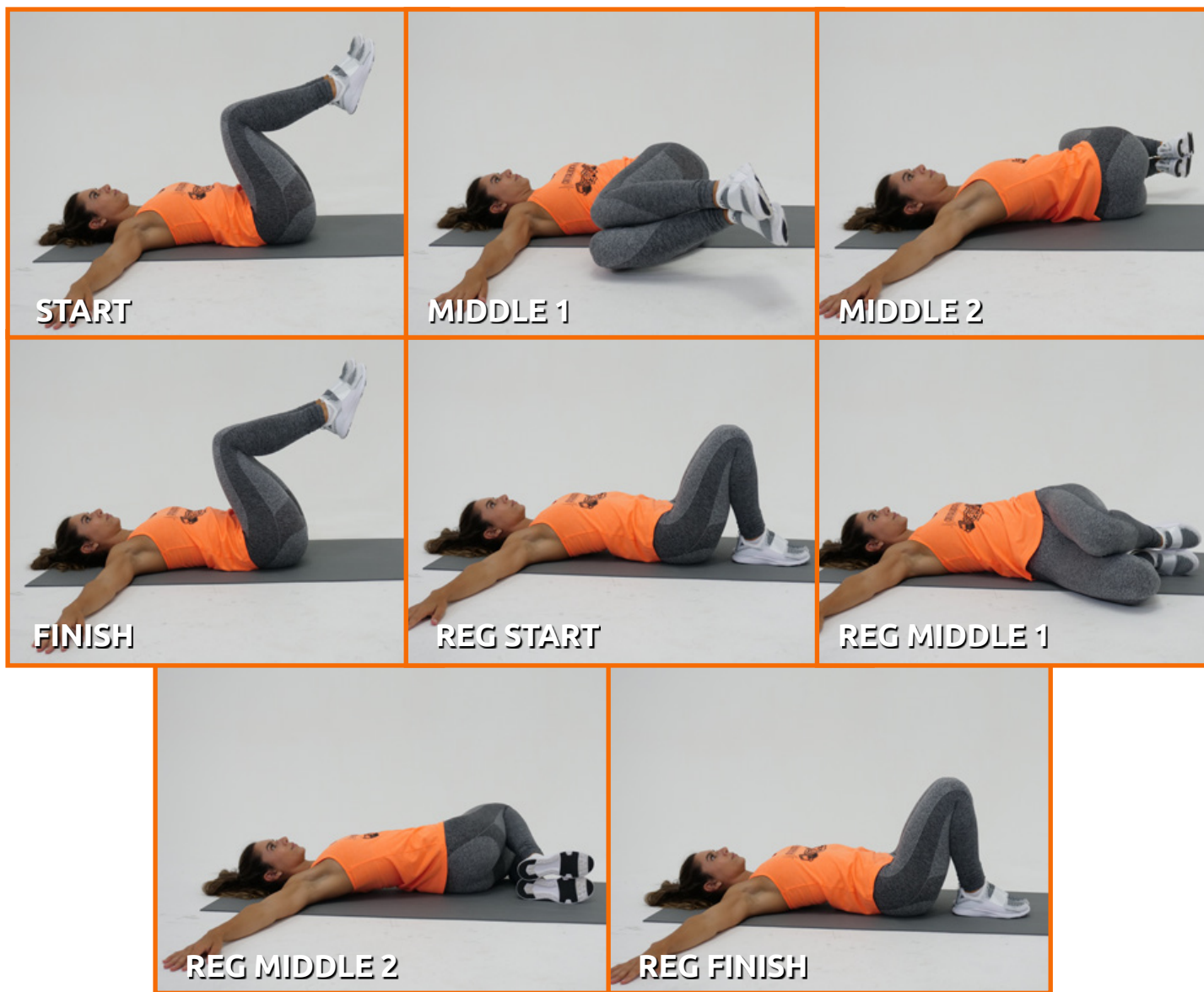


Lie on your back with feet flat against the floor and knees bent. Squeeze your glutes and lift your hips off of the floor until your body forms a straight line from your knees to your shoulders. At the top, begin to lift the right foot up off the ground bringing the knee towards the chest. With both hands, grab the knee and pull it close to the chest. Release the knee, lower it back to the floor. Lift the left foot bringing it towards to the chest grabbing the knee with both hands. Continue alternating sides for the desired number of repetitions or time.

**\*\*Regression:** Lie on your back, legs straight and feet together. Lift the right foot up off the ground bringing the knee towards the chest. With both hands, grab the knee and pull it close to the chest. Release the knee, lower it back to the floor. Lift the left foot bringing it towards to the chest grabbing the knee with both hands. Continue alternating sides for the desired number of repetitions or time.



# 11. WINDSHIELD WIPERS



Lie on your back with your knees bent and feet up off the ground. Keep your arms extending out on the floor with your head and shoulders flat and begin twisting your lower body to the right side as far as your body allows before returning back to center. Then twist to the left and continue alternating sides for the desired number of repetitions or time.

**\*\*Regression:** Perform same movement as above except keep your feet on the ground for the duration of the exercise.

## 12. HALF KNEEL HIP FLEXOR ROCK



Get into a half kneeling position. The front hip and knee should be at 90 degrees of flexion and facing forward with toes straight ahead. Now, fully extend the right arm overhead as if reaching toward the ceiling and slowly shift the torso forward allowing the right hip to extend. Make sure the spine remains neutral. Once a comfortable stretch is felt, pause for a moment and then return to the starting position. Repeat for the desired number of repetitions or time.

# ADVANCED



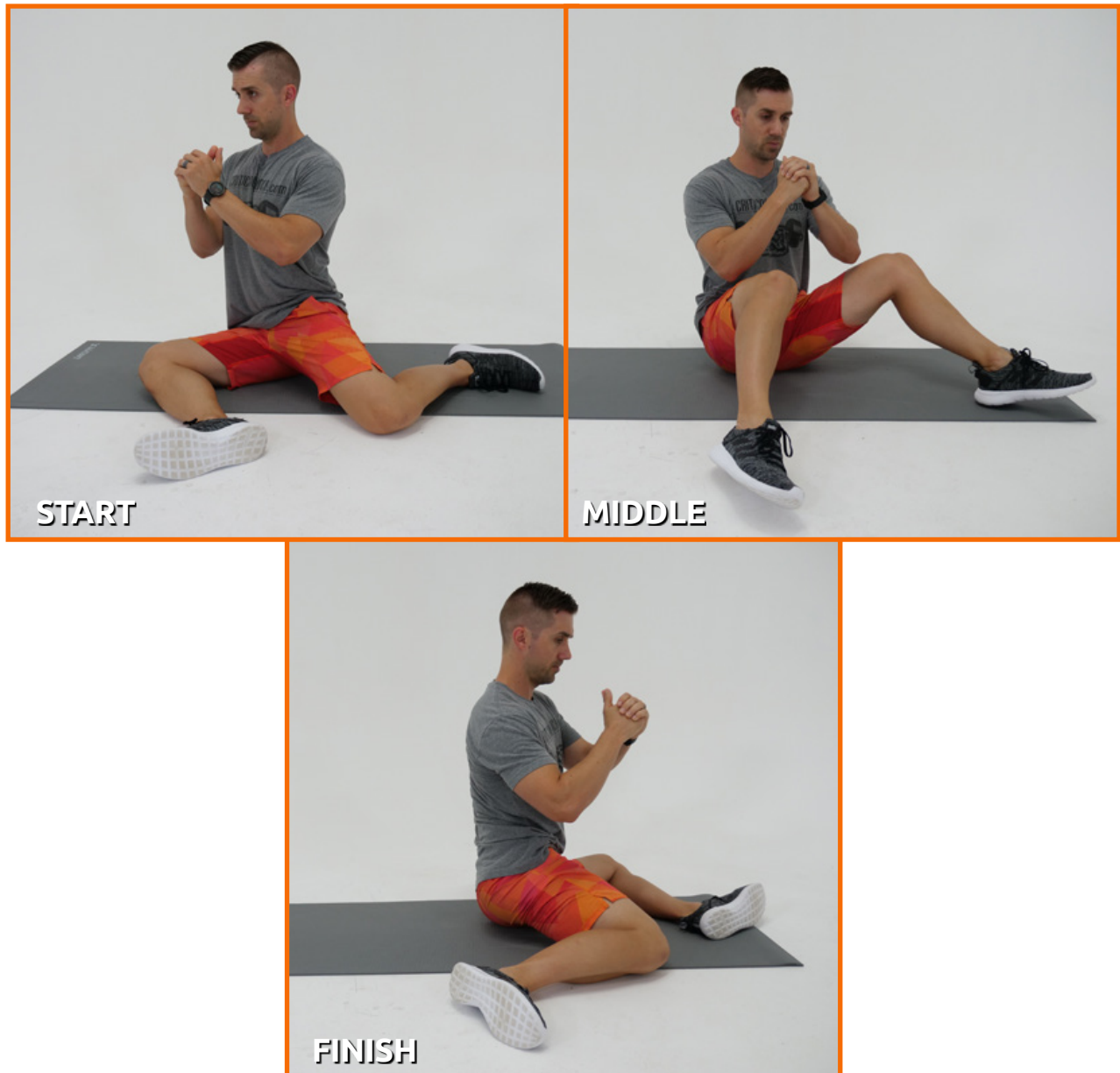
## EXERCISE DESCRIPTIONS

# 1. DIAPHRAGM BREATHING



From a flat position on your back with your knees bent and hands on belly. Inhale deeply into your belly, through the nose (if you can't, use your mouth), bringing the air deeply into the lower lobes of your lungs. As you do this your abdomen will rise. On your exhale through the mouth, your abdomen will sink back into your spine. Be aware of your ribs. Experience your rib cage expanding and contracting with each deep breath. Inhale slowly, and then hold for a moment and then exhale slowly.

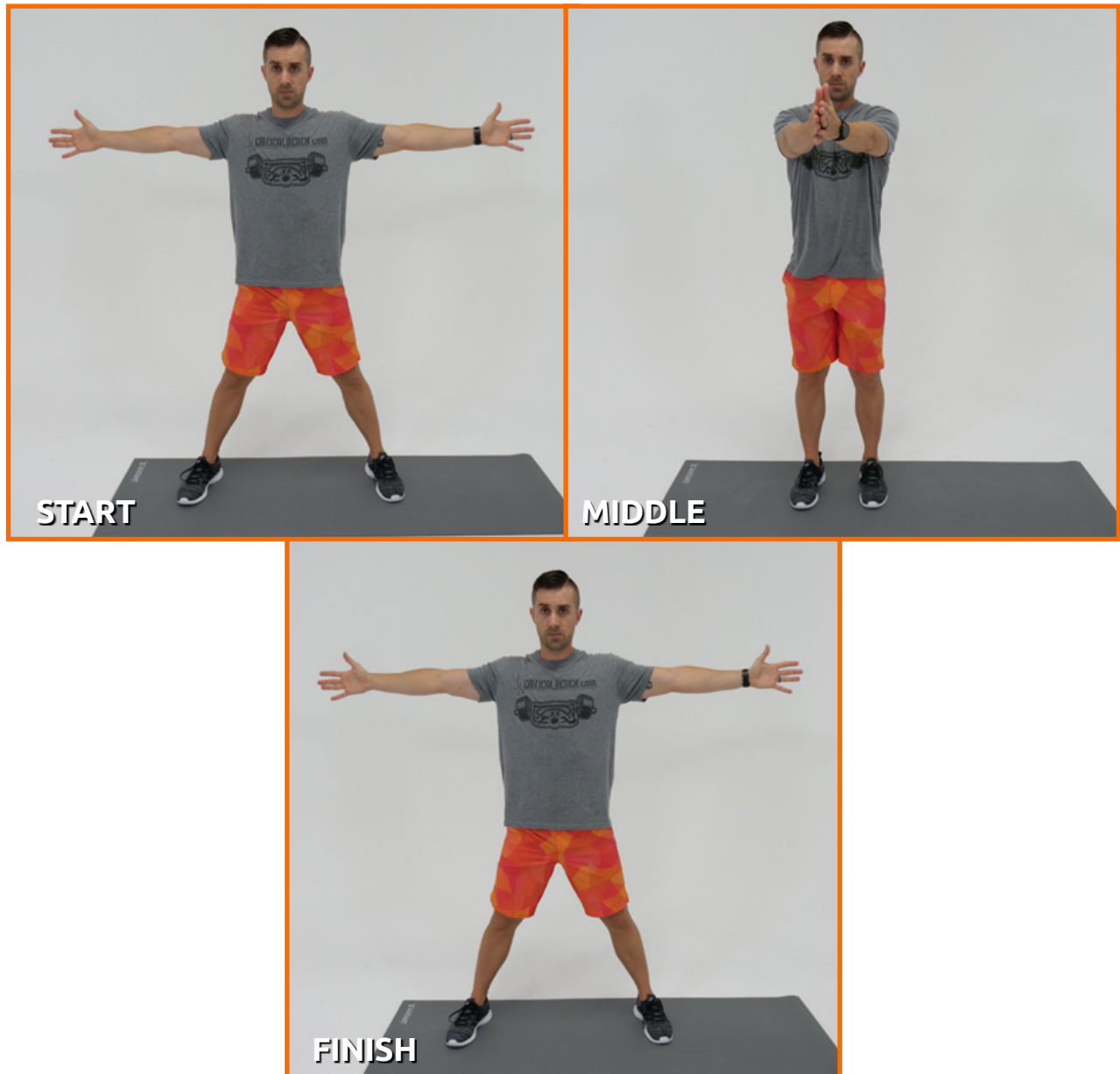
## 2. 90 90 FLOW



From the ground, place one leg in front in a 90° angle directly out in front of you with the knee flat on the ground. Do the same with the other leg behind you. Place hands on the floor behind you to help you maintain balance. You are going to flow side to side moving both knees over to one side causing the front leg to go behind the body and the leg from behind now moves into the front. Continue alternating sides for the desired number of repetitions or time.



### 3. SEAL JACK



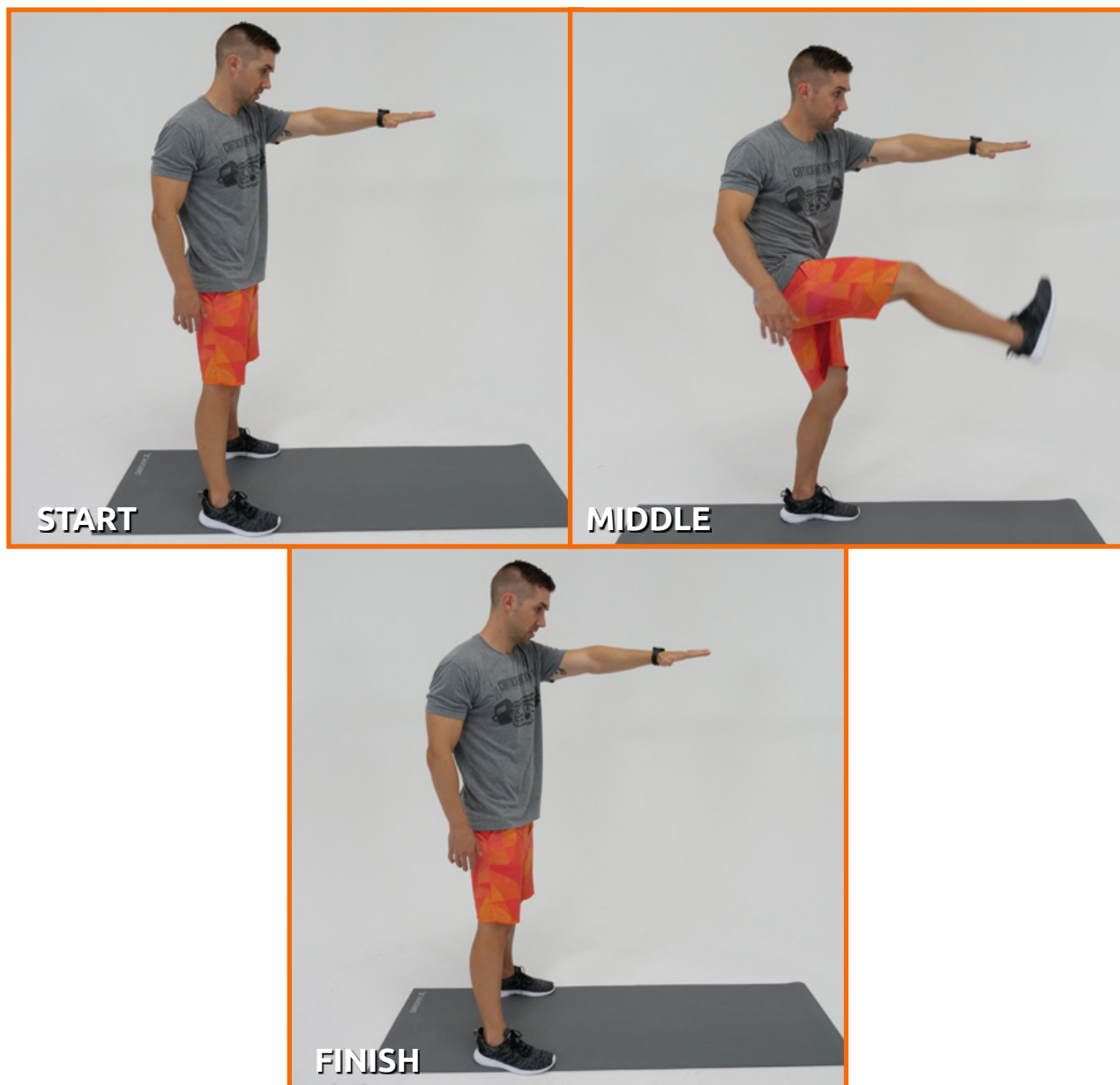
Stand with your feet together, hands palm to palm, arms extended out in front of your chest. Jump your feet out to a wide stance — palms separating, arms opening to a 'T'. Jump your feet together. Clap your hands by bringing arms back together. Repeat for the desired number of repetitions or time.

## 4. KICKBOXER'S BLOCK



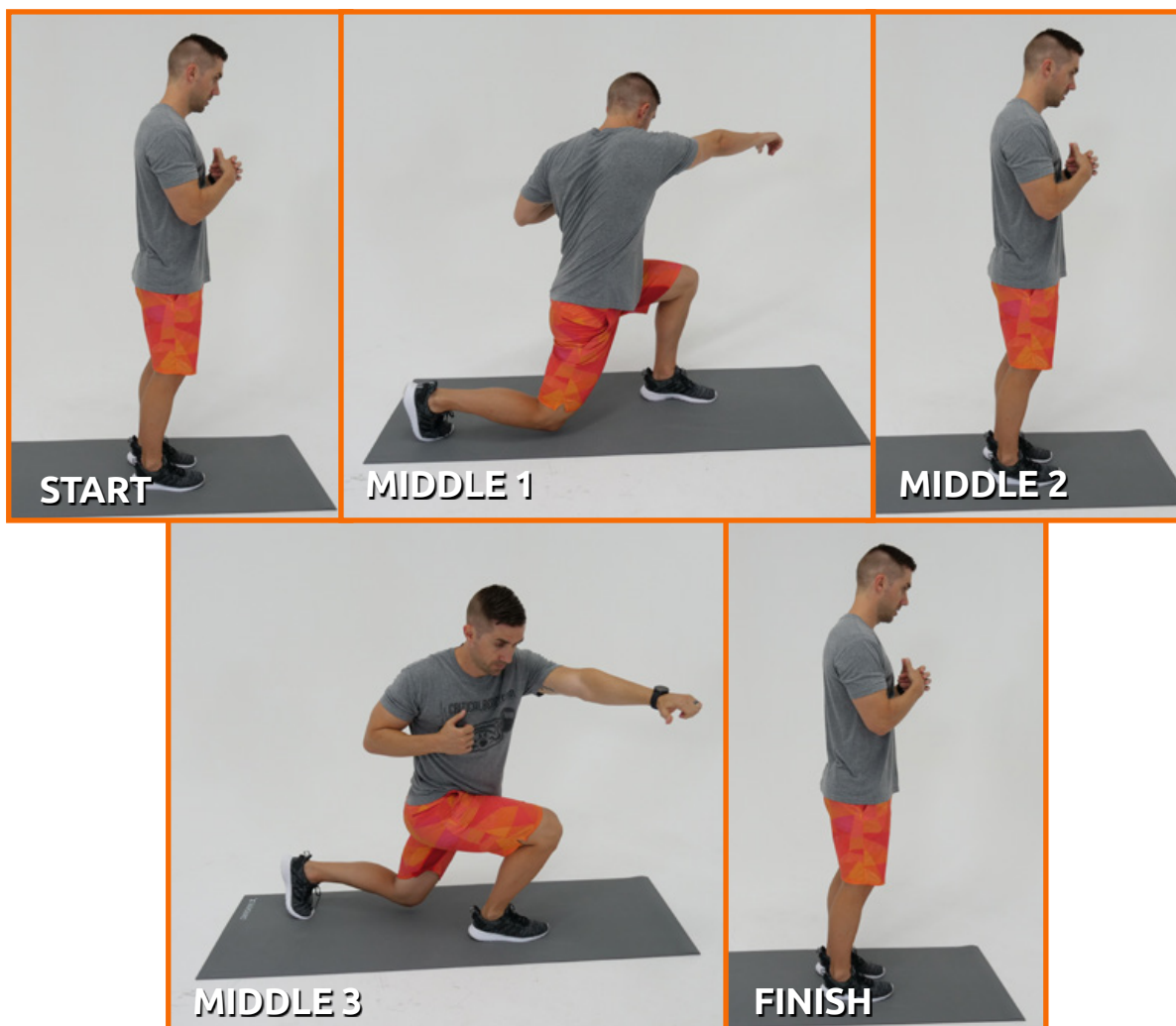
Stand tall with your feet shoulder-width and your toes pointing forward. Place your fingertips behind your head with your elbows pointing out to your sides in line with your shoulders. Inhale and contract your core muscles. To begin the exercise raise your right knee up across the body as high as you can to your chest. Simultaneously twist your torso to the right and draw your left elbow towards the lifted knee. Exhale during the movement. Then return in a starting position and repeat the same movement on the other side. Keep alternating sides until you reach a desired number of repetitions or time limit.

## 5. SOLDIER KICK



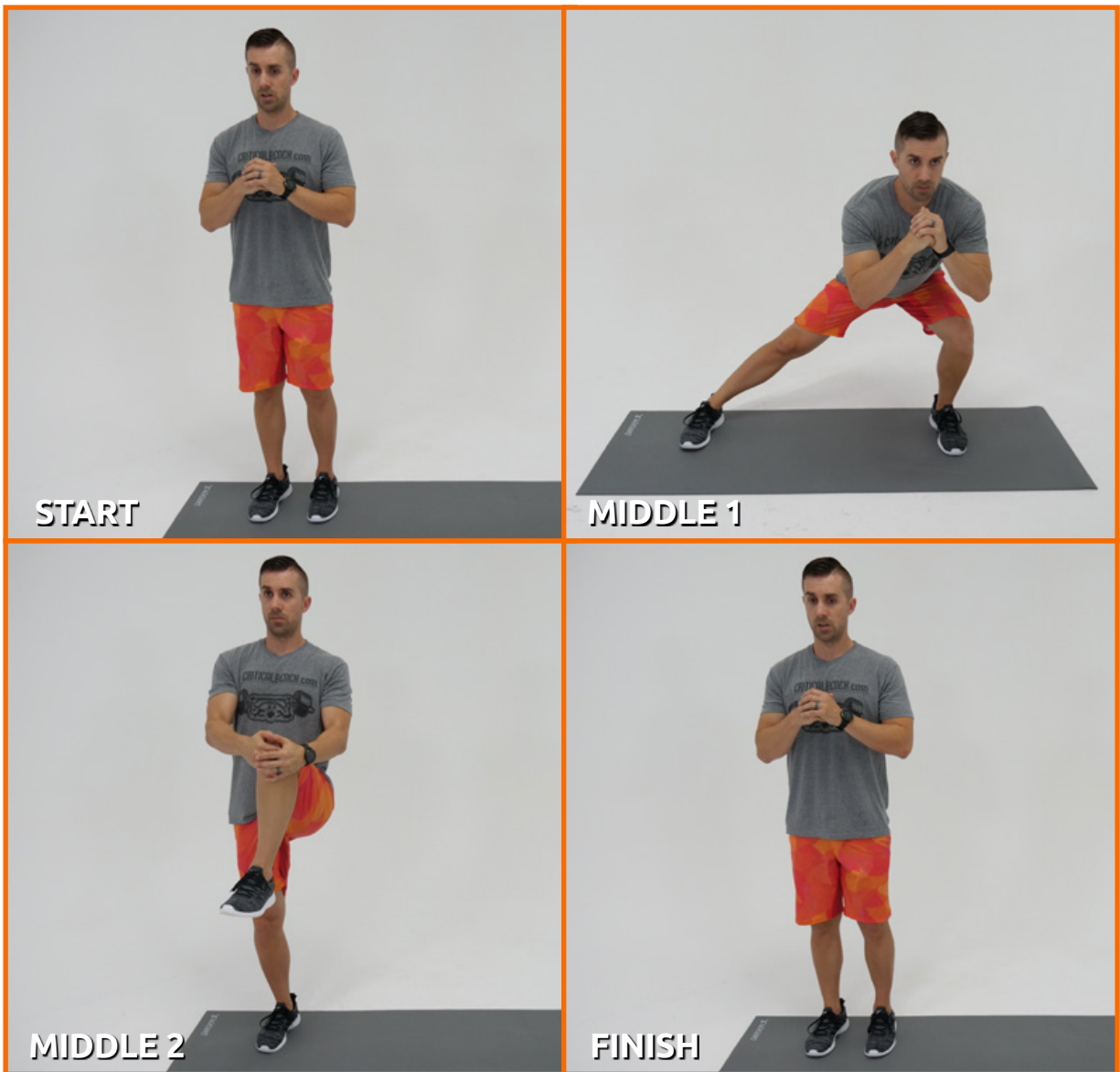
Start standing with a wide stance and proceed to kick one leg up and across the body meeting the opposite the hand. Quickly tap the foot with the hand and bring the leg back down to the floor, reset, and kick with the other leg up and across meeting the opposite hand and then back down to the floor. Keep alternating sides until you reach a desired number of repetitions or time limit.

## 6. ROTATIONAL PUNCH WITH STEP BACK



Stand upright, with your hands at your hips. Take a large step backward with your left foot. As you lower your hips so that your right thigh (front leg) becomes parallel to the floor with your right knee positioned directly over your ankle, extend your left arm forward and slightly across the body as if you were punching. At this time your left knee should be bent at a 90-degree angle and pointing toward the floor with your left heel lifted. Pull your arm back in and return to standing by pressing your right heel into the floor and bringing your left leg forward to complete one rep. Keep alternating sides until you reach a desired number of repetitions or time limit.

# 7. LATERAL STEP WITH KNEE TUCK



Begin by standing with your feet shoulder width apart, hands on hips. Step out to the right and shift your body weight over your right leg, squatting to a 90 degree angle at the right knee. Push off and bring your right leg back to center driving the knee upward as you balance on your left leg. As you drive the knee upward grab it with both hands to further the knee drive into the chest. Stay on this side until you finish the desired number of repetitions or time limit and repeat on left side to complete one set.



## 8. INCHWORMS WITH SPIDER PUSH UP



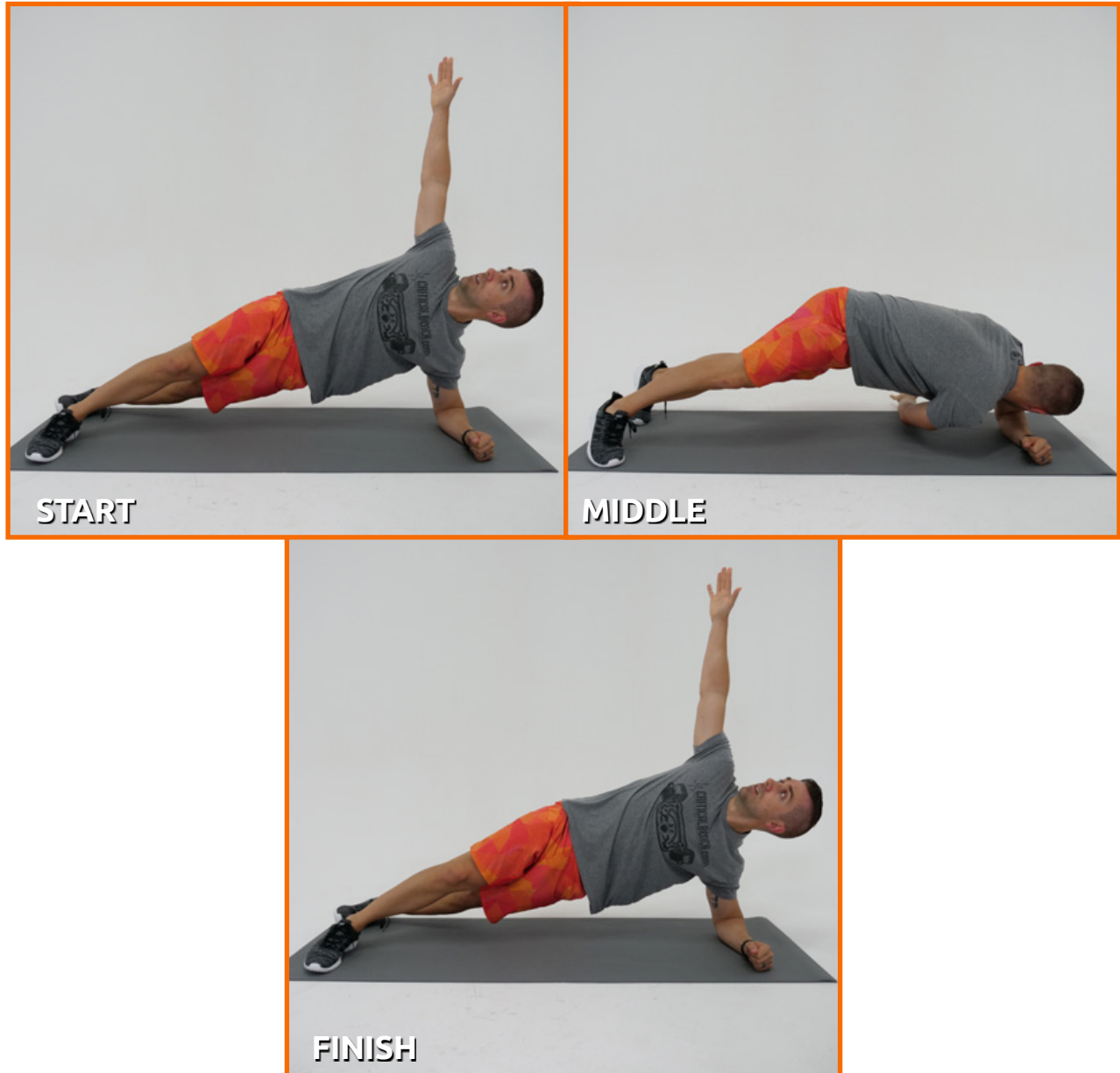
Start standing with feet hip-width apart. Hinge forward at your hips, keeping your legs straight, walk your hands down and place your palms on the ground. You can bend your knees if needed to get your palms flat on the floor. Walk your hands forward so that you're in high plank. Your shoulders should be stacked directly above your wrists. Lower yourself down into push-up position driving one knee out and up towards the same side elbow. Push your upper body up returning your leg back into position on the ground then walk your hands back toward feet and stand up. Repeat for the desired number of repetitions or time.

# 9. WORLD'S GREATEST FAT BURNING STRETCH



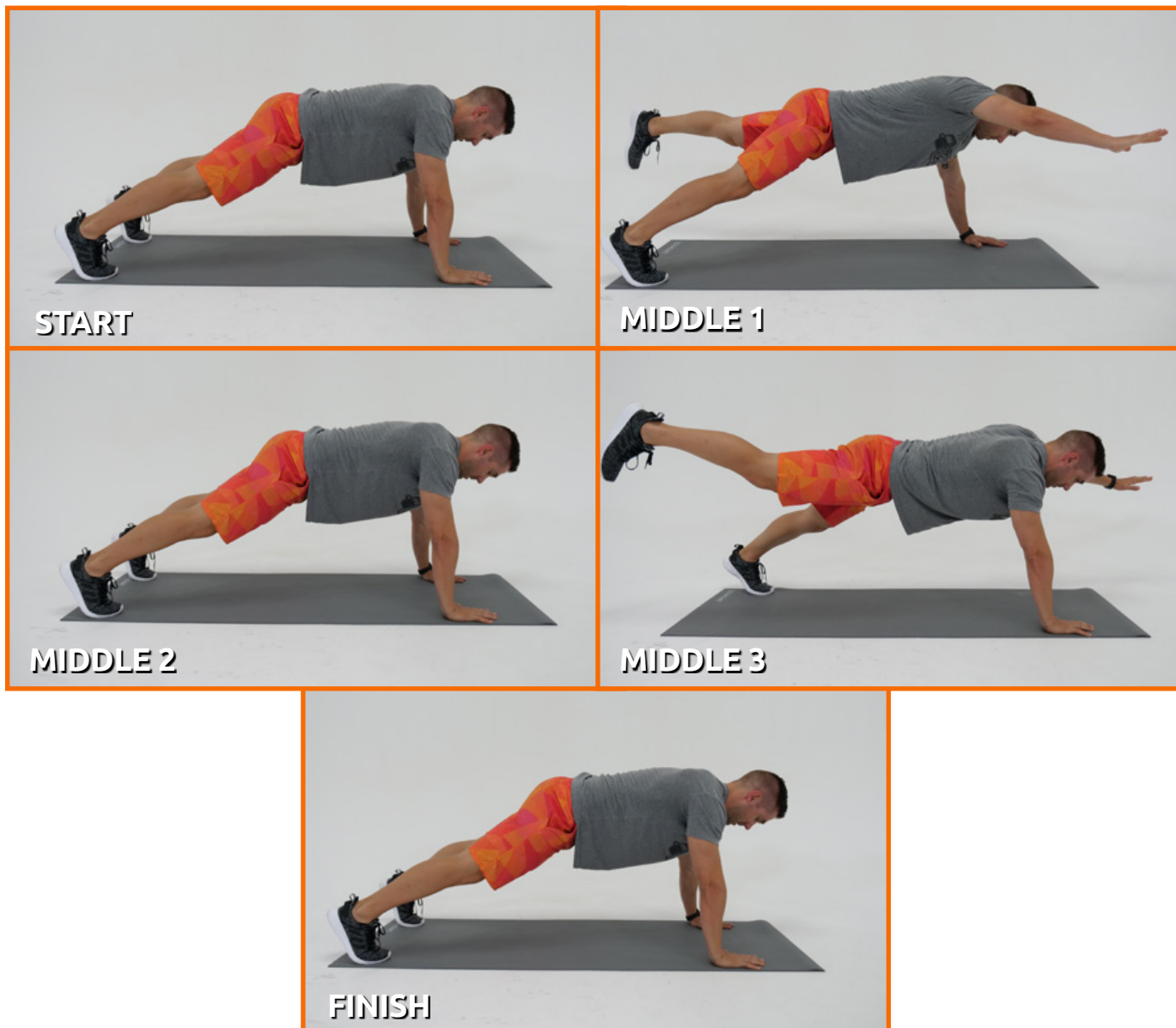
Start in a high plank (push-up) position. Step forward with your right leg, placing the foot on the outside of the right hand. Square your hips so you feel a stretch on both sides, and try to keep your back as flat as possible. Take your right hand and reach up towards the ceiling twisting your upper body. Reach up as high as possible before returning the hand back down to the floor. Once both hands are on the floor, rapidly jump the right leg back into starting position and repeat on the left side. Repeat for the desired number of repetitions or time.

# 10. SIDE PLANK THREADING WITH OVERHEAD REACH



Assume side plank position, elbow anchored under the shoulder with feet, hips and shoulders stacked. Top arm high to start. Roll top arm towards the body and along the floor behind you creating a large twist at the rib cage and shoulders. Return to start position and repeat for the desired number of repetitions or time before switching sides.

# 11. HIGH PLANK BIRD DOG



Get on your hands and knees, with your hands directly under your shoulders. Extend your feet backwards, position them shoulder-width apart, and straighten your body. Raise one arm and the opposite leg off the floor and point them straight for a moment before returning back to the starting position. Raise your other arm and opposite leg off the floor and point them straight for a moment before returning back to the starting position. Repeat for the desired number of repetitions or time.

## 12. HALF KNEEL WITH CACTUS TWIST



Get into a half kneeling position. The front hip and knee should be at 90 degrees of flexion and facing forward with toes straight ahead. Now, bending both arms and spreading the fingers wide, assume a 'cactus' pose with your arms. Slowly twist your torso toward the leg that is in front and pause for a moment before returning the torso back to starting position. Repeat for the desired number of repetitions or time before switching sides.



# ABOUT THE AUTHOR

Brian Klepacki has over 16 years of experience and education in the fitness and athletic world. He holds a Master's Degree in Exercise Science and holds numerous highly recognized certifications that set his expertise and training above most others.

As a competitive triathlete and an accomplished Strength & Conditioning Specialist, Brian knows how crucial it is to sort through fact and fiction when it comes to athletic training and human performance.



His logic is specific. His training has a purpose. And his philosophy is simple, PURPOSE OVER PREFERENCE.

Brian currently resides in St. Petersburg, FL with his wife and their two boys.

He is a coach with Team Critical Bench and is the creator of the international best sellers [Unlock Your Glutes program](#), [Crunchless Core program](#) & [The Inner Thigh Solution](#).

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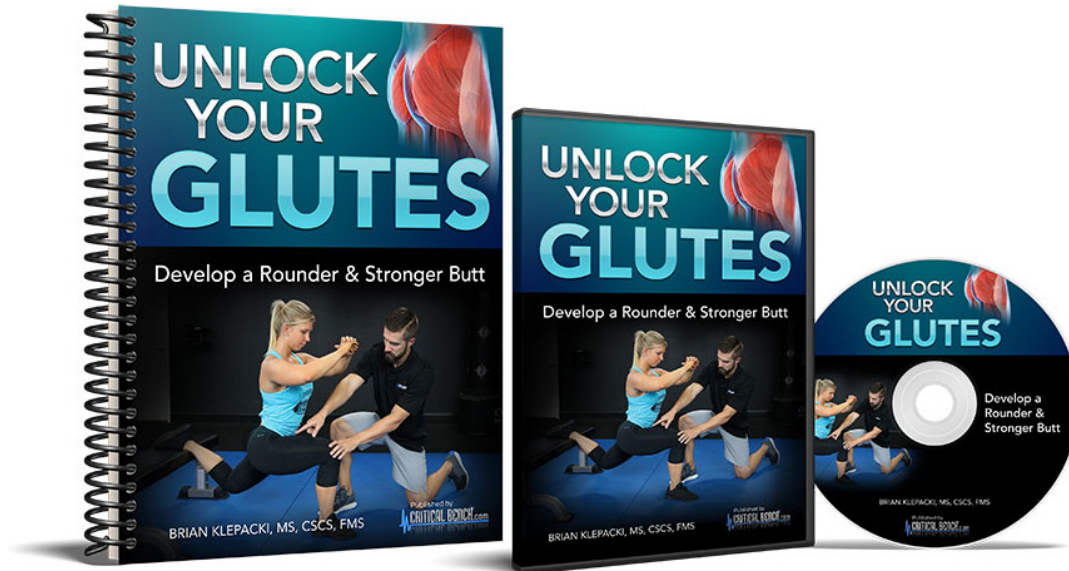
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The image shows a worksheet with a blue header at the top containing the text "WORKOUT NOTES" in white, bold, uppercase letters. Below the header is a large white area with horizontal blue lines for writing. The lines are evenly spaced and extend across the width of the page. There are 20 lines in total, starting from the bottom of the header and ending at the bottom of the page.

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